Time and Place: Monday and Wednesday 2:00 PM - 3:15 PM, Room 409, Silcox Center for Physical Education and Health

Instructor: Mr. Tom Carroll, M.Ed.

Office Hours: Monday through Thursday from 9:30 AM - 10:30 AM (afternoon times are available by appointment)

Office: Lab 113 - Silcox Center for Physical Education and Health

Phone and E-mail 953-5558 (Dept. secretary); 953-4275 (office)
carrollt@cofc.edu

Prerequisites: None. PEHD 201 is a prerequisite for all 300 and 400 level PEHD courses.


Course Description: This section of PEHD 201 is a required introductory course for physical education major. Content will include a study of history, principles, objectives, philosophy, current trends and issues, and literature related to the professions associated with exercise science.


Course Objectives:

Educational opportunities within the course are designed to prepare the student to:

1. Understand the philosophical concepts of exercise science by
   A. identifying various traditional philosophies and explaining how each applies to the field
   B. writing and explaining a working definition of exercise science in general and a designated subfield in particular, and
   C. writing a personal philosophy based on future career goals and ethical standards.

2. Develop an historical foundation as a basis for current developments in the field by
   A. describing the major contributions of various disciplines,
   B. identifying historic leaders in the profession, and describing their contributions to the field, and
   C. relating reasons for understanding the history of exercise science to the current status of the field.

3. Relate exercise science to physical activity and health in society.

4. Identify professional associations and governing bodies related to exercise science and describe their roles within the various sub-disciplines of exercise science through licensure
and certification.

5. Identify the various sub-disciplines of exercise science and describe the content and scientific foundations upon which each is based.

6. Relate the content and scientific foundations of each sub-discipline of exercise science to their use in a variety of exercise science professions.

Course Requirements:

1. Professional Activities  Choose from the items below to begin the path to professionalism. Proof and verification of items is due no later than April 26, 2010 and will be included in the student portfolio.

   A. Join the Sports Medicine Club, the Physical Education and Health Club or an applicable student organization with ties to exercise science or future professional goals, attend meetings and work on club projects. Write a brief paragraph summarizing each meeting and/or project. Attendance will be verified through the club roster and attendance sheets.

      Value = 10 points per meeting. Maximum points allowed 50. Elected officers may earn an additional 20 points (30 max.)

   B. Become a student member of a state, regional, or national exercise science, health or physical education professional organization. Possible organizations are listed below. Provide proof of membership and describe how you were actively involved. To receive conference points, a synopsis of each session must be submitted.

      Value = 20 points for membership; +30 for holding an office; + 40 for conference/convention attendance.

   C. Serve as a volunteer in health promotion/exercise-related activities during the semester. (Road runs and walks for health causes, health fairs, blood drives, Jump Rope for Heart, etc.) Your participation must be documented by a signature and phone number of a contact person who can verify your participation. Write a brief description of each experience relating said experience to exercise science and/or your intended career path. Participation time must be greater than or equal to 12 active hours. 1 hour of volunteer time is equal to 5 points.

   D. Serve as a volunteer in a specific professional area--physical therapy, occupational therapy, nursing, sport medicine, etc. You must volunteer for an average of two hours per week for a minimum of 6 weeks. Your participation for this activity must be verified prior to and following your participation by a description of your duties, the signature of a person who can verify your participation, and that person's phone number. Write a description of your involvement, duties, and the overall impact the assignment had on your professional goals. 1 hour of volunteer time is equal to 5 points.

   E. Serve as a Human Performance Testing Assistant (HPTA) at the College of Charleston. An HPTA is responsible for assisting Mr. Carroll, Dr. Dudgeon and/or Dr. Sheett in Fitness and/or Performance Testing conducted in the PEHD Labs. Past testing included but was not limited to hydrostatic weighing, Wingate, YMCA cycle ergometer, sub-maximal VO₂ and maximal VO₂. HPTAs need to accumulate 12 hours throughout the semester. A majority of testing occurs in the first two weeks of the semester, so please contact Mr. Carroll (your PEHD 201 instructor) ASAP if you are interested in one of these positions.

   F. Serve as a Strength and Conditioning Assistant (SCA). SCAs will assist the S&C Staff in conducting various Field Tests related to obtaining present/baseline performance values for College of
Professional Activities assessment is based on a 60-point maximum. You may choose from more than one category. Tailor your choices to career interests or areas you would like to know more about. This assignment individualizes your PEHD 201 experience. Please take full advantage of this assignment! 1 hour of volunteer, shadowing, participation, and/or observation time is equal to 5 points.

Value = 60 points

2. First Aid/CPR Certification Students must present a photo copy of a valid Standard First Aid/CPR certification card by April 26, 2010. The photo copy must show both back and front of card along with class information and a brief paragraph discussing overall impression of the course as it relates to professional goals. The copy will be included in the student portfolio. The College of Charleston EMS runs First Aid classes at a reasonable rate for all College of Charleston Students, Faculty, and Staff. For more info: C of C EMS.

Value = 25 Points

3. Profession Report Students will be given a report topic based on possible career choices and will be required to write a report providing information such as educational requirements, job outlook, starting salaries, possible challenges, etc.… Students will turn in a written report and contribute to class discussions based on their topic. A rubric will be available outlining specific assignment requirements.

Value = 25 Points

4. Article Critique Students will select, print, read and write a critique on an article from a list provided by the instructor. The Article Critique will include (1) a brief summary of the article and (2) a critical analysis of the content (its presentation and value) of the article. A rubric detailing form will be provided. Due date: March 31, 2010.

Value = 25 points

5. Oral presentation Each student will be given 4-5 minutes to make an oral presentation discussing his/her professional area of interest and how it is associated with exercise science and how that association will benefit those persons he/she will directly serve as a professional. Presentations should include personal perceptions of desired professional area and examples of how the student envisions him/herself taking part in the profession. Presentations will be presented in a professional manner with students dressed appropriately and with a professional carriage. An outline of the presentation showing its main points is to be turned in prior to student’s presentation. Presentations will begin April 12, 2010.

Value = 25 points

6. Student Portfolio During the semester students will develop an individual portfolio containing:
   - PEHD 201 syllabus check list
   - student resume, (a resume packet can be obtained from Career Services in the Lightsey Conference Center, Room 216--that's connected to the book store)
   - student philosophy of exercise science as a discipline,
   - statement of professional goals and plans for the next five years,
   - the results of the physical fitness test with Reflection essay,
Due date for the Portfolio: April 26, 2010.

Value = 45 points


Value = 80 points (2 Exams @ 40 points each)

8. Quizzes/Reading Assignments Quizzes and reading assignments will be given throughout the semester at random and on varying amounts of material. No make-ups will be allowed for missed quizzes unless the absence has been excused by the Dean of Undergraduate studies.

Value = 40 points

9. Final Exam Thursday, May 5, 2010 from 12 noon to 3:00 pm

The final exam will be cumulative.

Value = 75 points

10. Participation Students are expected to attend class having pre-read class materials. Students are expected to contribute to class discussions. If one falls ill during class, that student should excuse him/herself from class.

To be active one must be prepared for class having read lecture material BEFORE class.

Evaluation Criteria Summary:

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<tr>
<td>1. Professional Activities</td>
<td>60 points</td>
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<td>2. First Aid/CPR Certification</td>
<td>25 points</td>
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<td>3. Profession Report</td>
<td>25 points</td>
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<td>4. Article Critique I</td>
<td>25 points</td>
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<td>5. Oral Presentation</td>
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<td>6. Student Portfolio</td>
<td>45 points</td>
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<td>7. Exams 2 @ 40pts</td>
<td>80 points</td>
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<td>8. Quizzes/Assignments</td>
<td>40 points</td>
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<td>9. Final Exam – cumulative</td>
<td>75 points</td>
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Point Total 400 points

Evaluation Scale:

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<th>Grade</th>
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<tr>
<td>A</td>
<td>90-100%</td>
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<td>A-</td>
<td>88-89%</td>
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<td>B+</td>
<td>85-87%</td>
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<td>B</td>
<td>80-84%</td>
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<td>C</td>
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<td>C-</td>
<td>68-69%</td>
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<td>D+</td>
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B- = 78-79%  
D- = 62-63%  
C+ = 75-77%  
F = less than 62%

**Attendance:** Each student is allowed two undocumented absences for the semester. After the third, 15 points will be taken from the student’s point total. Coming to class on time is important. Each student is allowed one tardy. After that, 10 points will be deducted from the Point Total for each additional tardy. Given the anticipated challenges we may have with flu season, it is important to stay at home when not feeling well. Do not return to class unless you have been fever-free for 24 hours.

**Make-ups:** Make-up work is allowed at the discretion of the professor. Only extenuating circumstances warrant a make-up. It is the student's responsibility to see the instructor if he/she has missed any work. Contact with the professor must be timely—as soon as the student returns to school after an absence or during an absence, if possible.

Late assignments will be penalized 25% of total point value per day including weekends. Failure to contact the instructor about late work will result in a zero for that assignment.

NO ASSIGNMENTS WILL BE ACCEPTED AFTER April 26, 2010.

All assignments not submitted digitally must be typed. No hand-written assignments will be accepted.

**Extra Credit:** none

**Honor System:** Students must do their own work. Please see the 2009-2010 Student Handbook - (Academic Honor System) for a description of the College’s Honor System which is fully supported in this class.

**College of Charleston Honor Code and Academic Integrity**

Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed by both the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.

Students should be aware that unauthorized collaboration--working together without permission--is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information stored on a cell phone), copying from others’ exams, fabricating data, and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.

Students can find the complete Honor Code and all related processes in the Student Handbook at [http://www.cofc.edu/generaldocuments/handbook.pdf](http://www.cofc.edu/generaldocuments/handbook.pdf)
This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.

Course Content:

Unit 1: Exercise Science, Physical Education and Health as Professions
  A. 1. What is a profession?
  2. Concentrations Defined
  3. Professional Organizations
  4. Career Selection and Preparation
  B. Required Readings
     Course Text, Chapters 1 – 6.

Unit 2: Historical Perspectives of Physical Education as a Profession
  A. 1. Early Influences
     2. Consolidation and Specialization
     3. Changing Philosophies
  B. Required Readings
     Course Text, Chapters 7- 9
     Supplemental Readings

Unit 3: Physical Activity and Health in Society
  A. 1. Physical Activity and Chronic Disease
     2. Personal Fitness and Physical Activity
     3. Opportunities and Challenges
  B. Required Readings
     Course Text, Chapters 1, 10 - 12

Course Topics/Schedule:
(Proposed)

Weeks 1 & 2
  Introduction & Explanation of Syllabus

Class Introductions
  Why Exercise Science?
  Department of Health and Human Performance
  Concentrations Defined
  Similarities and Differences
  Possible Career Options

Weeks 2 - 4

  Introduction to Unit I
  What is a discipline?
Exercise Science as a Profession
Associated Career Fields and Professional Organizations
Credentialing and Licensing
Profession Presentations
Guest Lecturers

Weeks 5 - 7

**Introduction to Unit II - Historical Perspective**
Exercise in Society
Historical Perspectives
Exercise Science/Physical Education Timeline
**Test 1 Wednesday, February 24, 2010**

Weeks 8-12

**Introduction to Unit III- Physical Activity and Health**
Personal Fitness, Testing and Prescription
Fitness Testing

Weeks 13 & 14

Presentations
Learning Activities: Individual presentations question and answer period.
**Test 2 Monday, April 26, 2010**

May 5, 2010 (Wednesday)  Final Exam from 12 noon to 3:00 pm

**Professional Associations:**

Umbrella Organizations

- American College of Sport Medicine
- The National Strength and Conditioning Association
- American Alliance for Health, Physical Education, Recreation, and Dance

Specific Sub-discipline Organizations

- National Athletic Trainers' Association
- American Association of Cardiovascular and Pulmonary Rehabilitation
- American Society of Biomechanics
- North American Society for the Psychology of Sport and Physical Activity

Organizations with Related Interests

- American Society of Exercise Physiologists
- American Physical Therapy Association
- American Occupational Therapy Association
- Aerobics and Fitness Association of America
- American Nursing Association
- American Council on Exercise
- American Dietetic Association

Governmental Organizations

- Center for Disease Control
- National Institutes of Health